



Contact Information

Melissa Evans
Liggett Stashower
216-373-8111
mevans@liggett.com

Supplemental Information

<http://www.combatbugs.com>
<http://combatbugs.blogspot.com>

Cockroaches Make Lousy Roommates

Combat® Products Offer Easy Ways To Keep Roaches Out of Your Apartment

The second you hit the lights, they scurry across the floor, hugging corners and cracks, running for the shadows. For apartment renters, cockroaches are a nuisance that can be the stuff of nightmares. An infestation can drive you to hiring costly exterminators, and many people don't realize these little pests can potentially cause health problems, like asthma.

The most common cockroaches are the small, German cockroaches. Over thousands of years, they've adapted to living indoors and can now be found in households worldwide. For cockroaches, the most important thing in the world is finding food and water, which is abundant in dense apartment dwellings. And once an infestation occurs in one apartment, others will surely follow due to the shared walls. One pregnant cockroach can multiply to 56,000 after just seven months, making it essential to take care of any cockroach problem immediately.

Take these frightening facts: Between 78 and 98 percent of urban homes have cockroaches, and 23 to 60 percent of urban residents are allergic to the cockroach allergen, according to the Asthma and Allergy Foundation of America.

"The number of urban residents who have been diagnosed with asthma is alarming," said Dr. Gretchen Phillips, an MD with Fairview Hospitals, and a medical show radio host based in Minneapolis. "Since there is such a strong link between the cockroach allergen and asthma, it's extremely important for people to prevent infestation and eradicate any problems that they do have."

Cockroaches are a problem in apartments in all parts of the country and at all times of the year. While the risks they pose are clear, you may be surprised to learn that getting rid of them doesn't have to mean calling an expensive exterminator or relying on the landlord to save you. Preventing and controlling cockroach infestations before they start is easy and affordable. Here are a few tips from Combat® insecticides on how to fight back against cockroaches on your own.

Preventing Cockroach Infestation

- Eliminate clutter, such as stacks of clothes or newspapers.

- Keep food in tightly sealed containers.
- Keep the inside of the home clean, and do not leave out food or crumbs.
- Seal cracks and crevices in walls of home.
- Check items such as shipping boxes, school bags and grocery bags for cockroach hitchhikers before bringing them indoors.
- Reduce the amount of water available by repairing water leaks and not over-watering plants.
- Use baits and gels.

Where to place cockroach baits and gels

- Baits must be placed where cockroaches are likely to be found.
- In the kitchen and bathrooms, near dark, damp places (cockroaches need water to survive), under the sink, inside cabinets, under the refrigerator and behind the garbage can are good starting places.
- Cockroaches tend to walk along the walls and cabinets, rather than in the middle of open rooms. Place bait stations so that at least one edge is in contact with a vertical surface and you'll increase the chance that cockroaches will find it.
- For baits to be most effective, all other food sources should be eliminated. Don't leave any food lying around, and clean the house thoroughly.

For more information on cockroaches and the cockroach-to-asthma connection, subscribe to Combat® product's new blog, which is updated throughout the week: combatbugs.blogspot.com. To learn more about pest prevention and control strategies, visit www.combatbugs.com. Combat® products retail from \$2.49 to \$14.99 and are available at most major retailers.

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